

Sun Safety

- Use sunscreen with a sun protection factor (SPF) of 15 or greater to prevent sunburn. Exposure to the sun's ultra-violet (UV) rays is the leading environmental factor in the progression of skin cancer.
- Seek shade under shelter such as a tree or umbrella.
- Cover up with lightweight clothing.
- Wear a hat to protect your face, scalp, neck and ears.
- Wear sunglasses that deter UV rays.